

Tooth Extraction



Instructions for home care:

- Bite firmly on a gauze pack for at least 30 minutes
- If bleeding restarts fold a clean gauze and place it OVER the socket, NOT in the socket and bite firmly for one hour
- Sit rather than lying down – this reduces the blood flow to the head

NOTE – PRESSURE STOPS BLEEDING

- If bleeding persists please contact your dentist for further advice.

AVOID RINSING FOR 24 HOURS

To prevent infection - Avoid the following for AT LEAST 24 hours

- Alcohol
- Smoking
- Strenuous exercise
- Swimming

Pain Relief

Take your usual household painkiller (headache tablet) following the manufacturer's instructions. DO NOT TAKE ASPIRIN, as this may cause the socket to bleed.

Tomorrow

Start rinsing after meals (3x daily) with warm salt water (1/2 teaspoon of salt in a cup of WARM water)

If **pain increases** after 3-4 days, or swelling develops, contact your dentist as a "dry socket" or infection may be developing.

If you have any concerns at any time – Contact the surgery.